



Pack Assorted Colors for Kids

Name: \_\_\_\_\_

Date: \_\_\_\_\_



100% Grape Juice

# POWER UP WITH COLORFUL FRUITS AND VEGGIES

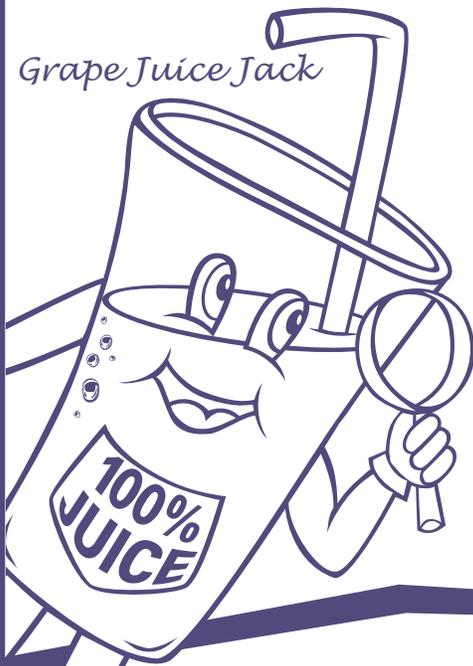
## SCRUMPTIOUS SEARCH

Can you help Grape Juice Jack find these delicious and colorful fruits and vegetables hidden below?

- APPLES • BANANAS • BEANS • BEETS • CARROTS • CAULIFLOWER  
 CELERY • CONCORD GRAPE JUICE • KIWI • LIME • PAPAYA  
 PEAS • PLUM • RAISINS • RED PEPPER SLICES • SALAD • TOMATO

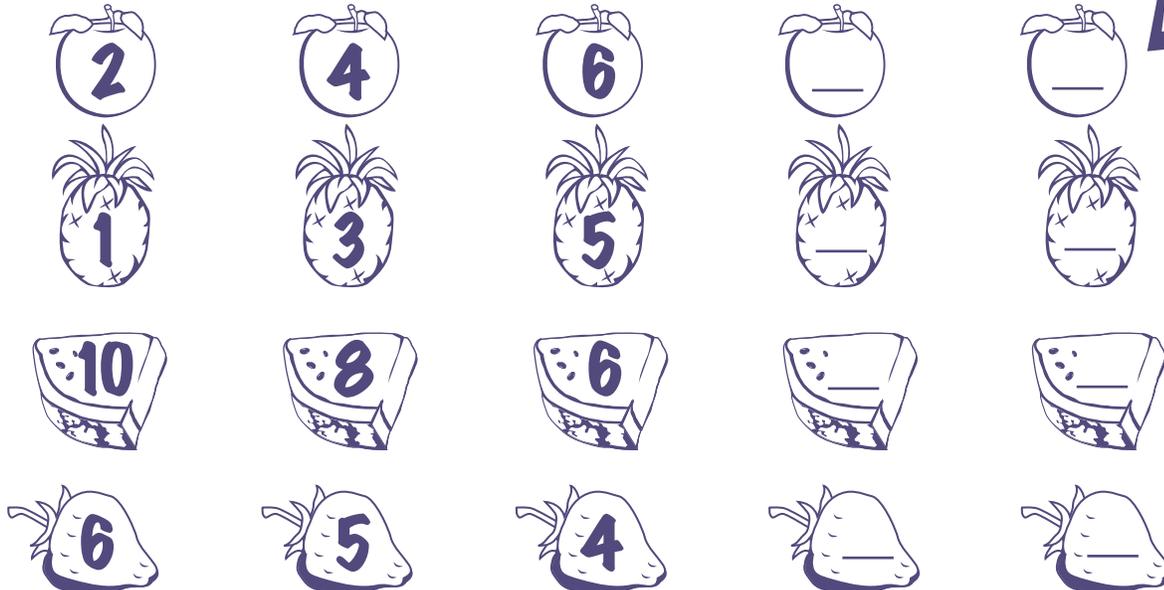
L R T A S P M V S F I W I K L F E  
 G N Q P L B A N A N A S R M S M P  
 C A B P U E S P L Z P E A S I D O  
 A J E L W E V I A O T N I L Y F T  
 R K A E H T F B D Y Y L S R V I A  
 R E N S M S K M R X A M I P R N M  
 O B S K U C E L E R Y M N R L T O  
 T C A U L I F L O W E R S I C D T  
 S R E D P E P P E R S L I C E S E  
 C O N C O R D G R A P E J U I C E

Grape Juice Jack



## FANTASTIC FRUITS

Look closely at the numbers in the fruits below. Can you complete the sequences?



Did you know? Just 4 ounces of 100% juice counts as a 1/2 cup serving of fruit.



Pack Assorted Colors for Kids

Name: \_\_\_\_\_

Date: \_\_\_\_\_



100% Grape Juice

# POWER UP WITH COLORFUL FRUITS AND VEGGIES

## PEDRO'S PYRAMID POWER

For a healthy diet, it is important to eat foods from 5 main food groups; **grains, vegetables, fruits, milk** and **meat/beans**. For each of the foods below, write the correct food group next to it. Remember that all forms of fruits and vegetables count: fresh, dried, canned, frozen and 100% juice.



GRAINS    VEGETABLES    FRUITS    MILK    MEAT & BEANS

**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU

YOGURT _____	RAISINS _____
CARROT _____	TORTILLA _____
CANNED PINEAPPLE CHUNKS _____	MILK _____
CHICKEN _____	BAGEL _____
100% GRAPE JUICE _____	RICE _____
CHEESE _____	DRIED APRICOTS _____



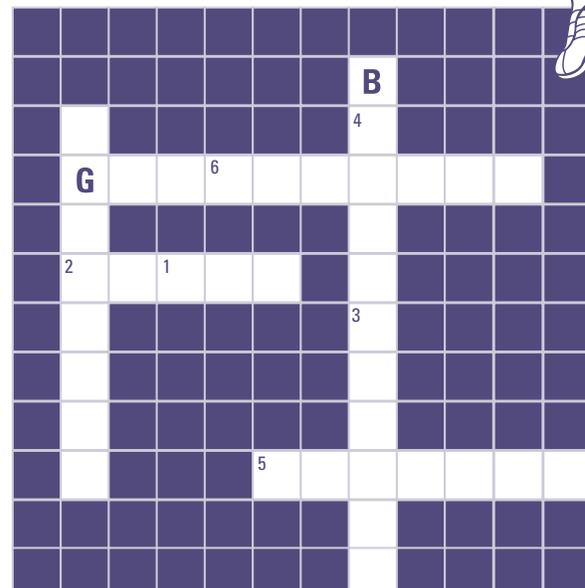
*Pedro Pepper*

All forms of fruits and veggies count: fresh, canned, dried, frozen and 100% juice.

## COLORFUL CROSSWORD

Fit these purple/blue fruits and vegetables into the crossword.

- PLUMS
- RAISINS
- GRAPE JUICE
- EGGPLANT
- BLUEBERRIES



Once you have completed the crossword, use the letters from the numbered boxes to complete the sentence below.

DON'T FORGET TO EAT 6 1 5 2 4 3 & BLUE FRUITS AND VEGGIES



Pack Assorted Colors for Kids

Name: \_\_\_\_\_

Date: \_\_\_\_\_



100% Grape Juice

# POWER UP WITH COLORFUL FRUITS AND VEGGIES

## SUPER SCRAMBLE

Unscramble the words below to see what colorful fruits and vegetables Celine Celery ate today.

**Breakfast:**

ANNBAA \_\_\_\_\_

NGOMA \_\_\_\_\_

**Snack:**

LPAPE \_\_\_\_\_

**Lunch:**

CROLBOCI \_\_\_\_\_

UPML \_\_\_\_\_

**Snack:**

RCOTRAS \_\_\_\_\_

**Dinner:**

EPSA \_\_\_\_\_

EPEPPR \_\_\_\_\_

MOLTRAWNEE \_\_\_\_\_

Choices:

- CARROTS • PLUM • BROCCOLI • PEAS • BANANA  
 APPLE • PEPPER • WATERMELON • MANGO

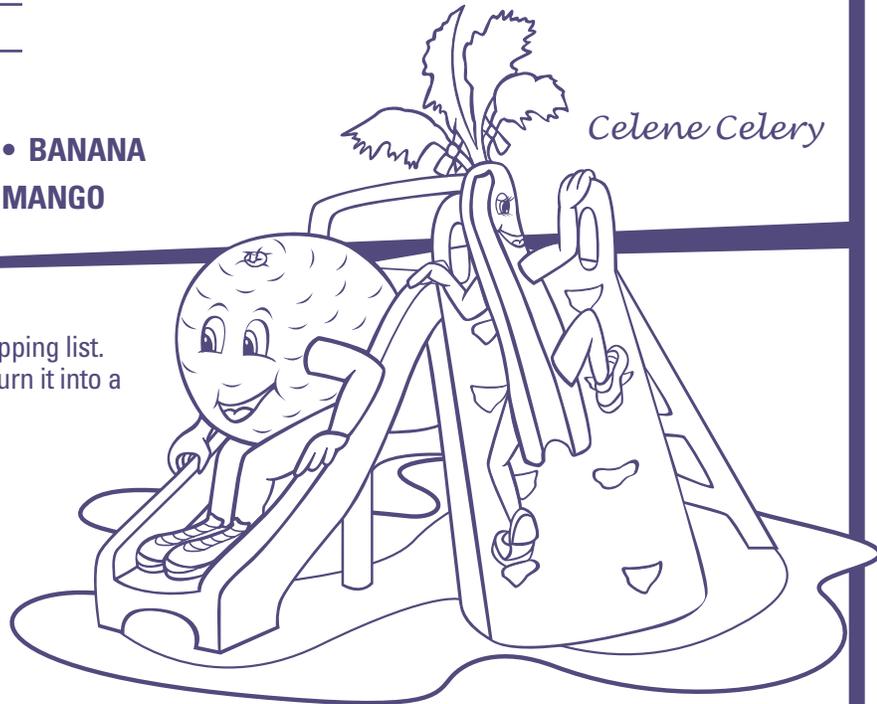


*Celine Celery*

## SHOPPING LIST SHUFFLE

Owen Orange got all mixed up when writing his shopping list. Change the underlined letter in each of his words to turn it into a new word spelling a fruit or vegetable.

Owen's List	New List
GRA <u>Z</u> E	G R A <input type="checkbox"/> E
PAR <u>R</u> OT	<input type="checkbox"/> A R R O T
BE <u>A</u> CH	<input type="checkbox"/> E A C H
PL <u>U</u> G	P L U <input type="checkbox"/>
T <u>A</u> NGO	<input type="checkbox"/> A N G O
P <u>E</u> NS	P E <input type="checkbox"/> S
T <u>O</u> RN	<input type="checkbox"/> O R N
J <u>E</u> ANS	<input type="checkbox"/> E A N S



*Owen Orange*

Use the letters from the boxes to complete the sentence.

\_\_\_ I \_\_\_ K AND \_\_\_ ACK YU \_\_\_ \_\_\_ Y \_\_\_ ND  
 \_\_\_ OLORFUL FRUITS & VEGETA \_\_\_ LES